



## The Sleepiest Teens Live in Belgium

**27<sup>th</sup> November, 2014** - It's a common known fact teenagers need their fair share of snooze. Sleep Cycle looked up where the sleepest teens live, and found that sleep patterns of teenagers age 14-19 greatly vary between countries.

The sleepest teens live in Belgium. Teenagers in Switzerland are first to bed, and teens in South Korea get tucked in last. The early birds are to be found in Mexico, and the ones who get to sleep in live in Russia.

### Average sleep time weekdays, Monday to Friday

1. South Korea	5:46h	14. Norway	7:20h
2. Japan	5:48h	15. Switzerland	7:21h
3. China	6:32h	16. Canada	7:22h
4. Mexico	6:33h	17. Denmark	7:27h
5. Brazil	6:35h	18. Germany	7:27h
6. Russia	6:48h	19. France	7:31h
7. Turkey	6:55h	20. Sweden	7:34h
8. Poland	7:06h	21. New Zealand	7:37h
9. US	7:08h	22. Australia	7:38h
10. Italy	7:13h	23. UK	7:38h
11. Czech Republic	7:13h	24. Netherlands	7:39h
12. Spain	7:16h	25. Finland	7:39h
13. Austria	7:19h	26. Belgium	7:44h

### Average bedtime weekdays, Monday to Friday

1. Switzerland	11:37 PM	14. France	12:01 AM
2. Austria	11:39 PM	15. Mexico	12:02 AM
3. Czech Republic	11:41 PM	16. Norway	12:03 AM
4. Denmark	11:42 PM	17. Canada	12:04 AM
5. Germany	11:44 PM	18. Netherlands	12:04 AM
6. Australia	11:44 PM	19. Brazil	12:05 AM
7. Belgium	11:50 PM	20. Spain	12:11 AM
8. US	11:51 PM	21. Italy	12:14 AM
9. New Zealand	11:52 PM	22. Turkey	12:29 AM
10. Sweden	11:54 PM	23. China	12:30 AM
11. UK	11:58 PM	24. Russia	12:31 AM
12. Finland	11:58 PM	25. Japan	12:44 AM
13. Poland	11:59 PM	26. South Korea	1:20 AM

## Average wake-up time weekdays, Monday to Friday

1. Mexico	6:50 AM	14. Italy	7:35 AM
2. Japan	6:54 AM	15. Sweden	7:37 AM
3. Czech Republic	7:04 AM	16. South Korea	7:38 AM
4. Switzerland	7:06 AM	17. France	7:40 AM
5. Brazil	7:09 AM	18. Canada	7:40 AM
6. Austria	7:13 AM	19. Spain	7:41 AM
7. US	7:14 AM	20. New Zealand	7:41 AM
8. Poland	7:16 AM	21. Belgium	7:42 AM
9. Denmark	7:24 AM	22. Turkey	7:46 AM
10. Germany	7:24 AM	23. UK	7:47 AM
11. China	7:25 AM	24. Finland	7:50 AM
12. Norway	7:33 AM	25. Netherlands	7:54 AM
13. Australia	7:33 AM	26. Russia	8:06 AM

This report includes 1,940,401 male and female Sleep Cycle alarm clock user nights. All countries included have a minimum of 1500 registered user nights from participating users, ages 14-19, who voluntarily and anonymously shared their sleep data during the time period of 1 September – 13 November - 2014. ©www.sleepcycle.com

[Please find images through this link.](#)

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### **[Sleep Cycle](#)**

With millions of users all over the world, Sleep Cycle alarm clock wakes users up in the lightest sleep phase. Sleep Cycle utilizes the accelerometer in the phone to track movement patterns and determine which sleep phase users are in. Waking up during the lightest sleep feels like waking up without an alarm clock – a natural wake up where you feel rested and relaxed. It's waking up made easy.